

# Just a Thought Passing By



Inspiration at Your Fingertips

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# COPYRIGHT

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# FOREWORD

Presented is a collection of ‘thoughts’. Plain, simple, & to the point - made explicit to provoke an inner response from each reader. On the spot inspiration.

I call it “Inspiration at Your Fingertips.

Each thought is a perspective into a moment of time & into a spiritual awareness in life & living. Each thought like an arrow, set forth to reach its ultimate goal.

Communication at its best is purposed to inspire & each author is responsible for their own motives in writing. But once the authors writings reach out to the reader - it is then the readers soul responsibility to use or discard at will.

I hope these mindful short writings - full of simple inspirations - will not be discarded so lightly. I hope they will stealthily imprint upon your soul to become a pleasant resource in thoughtful contemplation.

*“Thank you so much for taking an interest in this small book & I hope some pure inspiration reaches out to you.” C.L. Mareydt*



# Oh For Heaven's Sake



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"To me there is no more depressing sight than a five year old staring at a screen, unsmiling, mouse in hand. Besides whatever dreadful things this prolonged exposure to screens is doing to their brains, computer games tend to be solitary affairs, and produce little laughter." quote Tom Hodgkinson

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It is a known fact that today's generations are more adept mentally than the previous generations before them - each one superseding the other!

All the new technology afforded us nowadays with our personal iPhones, personal computers, instant Wi-Fi, online games, instant

movies & downloads, plus any kind of viewing entertainment online; not to forget all the instant knowledge one can look up in books, documentaries, thesis papers, blogs, & iPods.

The new generations should be quicker & computer savvy right out of the womb!

But, are they missing anything?

Seriously?

I dare say no.

We tend to glamorize & mystify the past, making it a big deal about playing outside, walking in the park, sharing toys with friends, breathing in fresh county air – or even city air - is this what we are saying they are missing?

Oh for heaven's sake - give them a chance!

If we who did have all those conveniences turned out the way WE DID - they will purpose themselves also & turn out just as well.

I know we are all hoping that to be true.

Reality does show us & tell in a multitude of ways that us each generation is equipped for their generation.

And, I dare say - they would probably tell you the same thing!

# All Together Now

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**“Coming together is a beginning; keeping together is progress;  
working together is success.” quote Henry Ford**

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Togetherness is wonderful & can give anyone a sense of comfort, understanding, purpose, & even direction.

Together in harmony is even better.

Harmony in togetherness creates a sense of accomplishment & completeness. Be it with friends, family, partners etc ... such togetherness makes the world go around.

Take care when togetherness is destructive, bringing hardness to your soul & anger to your mind.

Such togetherness is useless, except it shows you the way you need not go.

Make sure we gather with our togetherness & not scatter.

# Okay, Enough is Enough



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**“Insults are the arguments employed by those who are in the wrong.”**  
**quote Jean-Jacques Rousseau**

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Have you ever noticed that sometimes the whole world comes down on you for something so small & unnoticeable that you said or did – out of the spur of a moment?

It seems like in those moments all HELL breaks loose.

From out of the woodwork you get comments from some who would not have even noticed you before.

Well, we can take a noteworthy example from all the ‘so called’ media that surround us.

From every level of intellect (well let’s say it plain & clear) to no intellect what so ever – comments are flung around like the wild snowflakes we have so much of an abundance of here in the northern states.

But nevertheless it continues & such media headlines surround us 24/7 & the more obscene the better.

But please, don’t allow this to happen in your own life. Sure insults & augments come & go but let’s keep them at a minimum.

Is it really worth all the fuss & contempt?

Yes sometimes we must speak out, but think it through first & see if it’s just arguing to argue or perhaps just plain ole’ vanity & greed that makes us look like a bunch of squawking birds & bawdy headliners!



# Do What You Are Expected To Do

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**“Always render more and better service than is expected of you, no matter what your task may be.”      quote Og Mandino**

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Doing what you are expected to do is just as simple as it sounds & just as easy.

In-fact easier in the long run.

How often have we let a loved one down because we forgot to do what they expected us to do?

How often have we let ourselves down because of the same reason – not doing what we expected ourselves to do or just plain not doing what we should have done?

It is so easy to forget that the littlest thing forgotten – that was expected of us – can cause a great avalanche. An avalanche of hurt feelings, ill will, & general hostilities.

So today try to remember to DO exactly what is expected of you. No ifs, ands, or buts.

You will reap a hundred smiles & a warmth of goodwill from all.

# Speak Your Piece



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**“If you can look into the seeds of time, and say which grain will grow and which will not, speak then unto me.” quote William Shakespeare**

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Sometimes we need to speak up & speak our piece & let everyone know that our voice counts just as much as the next person’s voice.

Let them know you have some guts & some diplomacy at the same time.

Make yourself be heard to count for something that is important to you. Allow your own accountability to stand up & roar for the right to be heard.

Does that sound familiar to anyone? Does that sound useful to anyone?

Does that strike a vein of truth?

Does this instill you with some well deserved inspiration to speak out?

If you have felt overlooked, pushed aside, not important, then STOP. Maybe it is because you have allowed it.

Could it be?

Try again & try to make your voice be heard today.

Yes, in the right way without insults or slander. But for heaven's sake take a stand for something that is really important in your life & tell it like it is.

Make your voice be heard for something that only you can really promote.

Roar like a lion about what YOU think is important & don't allow others to overlook you any more.

# It Can Be A Cold Cold World

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“When friendship disappears then there is a space left open to that awful loneliness of the outside world which is like the cold space between the planets. It is an air in which men perish utterly.” quote from Hilaire Belloc

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Many times we deem someone to be cold & indifferent, when the complete opposite is true. We just have not looked deep enough or taken the time to try to warm the cold gap that stands in between.

It is sad but true.

Sometimes hearts have a frigid glaze that has settled upon it. A coldness of the heart only because it mourns a loss – a loss of something or someone so special & it freezes hearts in its cold hard reality.

Those hearts beat all the same as our own, but have hardened slightly because the lack of warmth that was once theirs.

A cold heart does not always mean a thoughtless uncaring person dwells within.

Step a bit closer to the ones you think to be cold & aloof, or at least try.

Many times you will find a special heart full of more than you expected as your own warmth melts the icy surface wherein they were trying to reach out from.



# What Did You Say?



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**"Prayer is talking with God. God knows your heart and is not so concerned with your words as He is with the attitude of your heart." quote from Josh McDowell**

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Almost everyone is familiar with prayer or at least what the word signifies.

Our mind knows in an instant & can conjure up a resemblance of prayer on bended knees & hands placed together pointing to heaven, with our lips mumbling in earnest or maybe in boredom.

**BUT** dear friends, what are we really saying?

What are we really saying when we pray?

*” ... Help me. Do this for me. Do this for them. Heal me. Heal them. Change the situation. Get me out of this. Get them out of that ... ”*

Well, you understand what this is all pointing toward.

It is always a ‘gimme’ cry which we also know God always understand completely. That is what they tell us anyway.

But lets consider trying to pray with a different motive & with different words instead.

Let’s put a different focus upon our prayers.

A simple prayer to thank Jesus Christ for coming to this world & showing us a better way. A prayer full of contentment and love – just because Jesus Christ chose to be with us.

This kind of praying is simple & loving. Such praying helps promote a more cherished kind of pray time & adds tenderness to our soul & brings its own kind of relief.

# Hurray For You!

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“To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.” quote Ralph Waldo Emerson

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You have come to visit Planet Earth!

Your journey here will be just as marvelous as it can be – depending on your ticket preferences already pre-scheduled.

You may experience light to moderate turbulence & you may have more than a few bumpy starts & stops.

But you will find out in the long run – that the pleasures outweigh most of the hardships while you are here.

Warning to all:

There may be a few tears along the way. But don't panic – you also have the right equipment to face any such tearful situation.

You will also need to understand that you will age considerably while on your visit here on Planet Earth.

But dear friend, you are a heavenly creation & aging is all part of the plan.

So buckle up & hang on tight – ride the wave & for heaven's sake – don't forget to yell a few wild HURRAYS along the way!

# Going Down the Drain



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**“A fresh mind keeps the body fresh. Take in the ideas of the day, drain off those of yesterday. As to the morrow, time enough to consider it when it becomes today.” quote Edward G. Bulwer-Lytton**

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Sometimes LIFE feels like it is all going down the drain.

It is a struggle to do every thing.

It is a struggle to have relationships. It is just a plain struggle to maintain.

Life & living becomes a constant struggle.

It happens.



Try to remember in those times of distress – that such feelings are there for a reason.

Hard to understand – yes – but take a moment to reflect & not react on such feelings till you find the root cause.

What has made your life so difficult?

What has drained you of your personal energy?

What has given you cause to despair?

Maybe certain changes are needed. Maybe letting go of something is needed. Maybe forgiving a friend is needed. Maybe returning to your first love (Jesus Christ) is needed.

Have you thought of that?

The Lord even tells us that if we lose our first love for Him our souls will lack & our life will suffer in different ways.

Return to your first love of the Lord.

And then see if that sense of your life draining away ceases little by little.

Mine have! I will be the first to witness & say it truly is so.

Will you join me?

# A Blizzard in My Soul

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“Advice is like snow – the softer it falls, the longer it dwells upon, & the deeper it sinks into the mind.” quote from Samuel Taylor Coleridge

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A blizzard blows cold winds into my mind & soul.

A coldness settles into my inner bones.

Like a lake freezing over, I can't see. The frigid ice & snow block out all rays of warmth & sunshine.

My reactions are stressed & my words seem harsh, even to my own ears.

Like a blanket of frozen tundra – I am covered & my breaths are shallow as I barely recognize the day.

I need a spring thaw.

I need the warming rays of sunshine to pierce into the crevices of my heart.

I hurt for lack of warmth.

Oh, such a blizzard in my soul.

A blizzard in my soul.

# Sometimes Home is Not the Answer



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“God is at home, it's we who have gone out for a walk.” quote  
Meister Eckhart

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Contemplating thoughts about going home nostalgically draws us into a frame of mind where we think everything will be all right – once again.

But sometimes that just is not possible & can even create more conflicts – emotionally & physically.

Have you ever considered that going home may not be the answer you think it may be?

The real answer is in the communion & communication with the people that made your home – home – all the time.

Your communications of care & love expressed with all those you call home.

Home is not just a place. It is not just your childhood recognitions – but it is the special people that made & now make your home – your HOME.

So when you think you need to go home to try to reconnect with your roots, or to visit the ole' places of yesteryears, stop & consider first.

Consider all the people who still make your home right now, no matter where you may be.



# Patience is Still a Virtue

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“How poor are they that have not patience! What wound did ever heal but by degrees?” quote William Shakespeare

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Sometimes we need to sit down & calm down. If not be silent altogether.

Don't do anything in an irritated state of mind.

Mainly – an upset mind, full of irritations cannot produce much but the same.

People don't like to hear a message so simple & usually would rather follow the hype of the masses – thinking they are accomplishing much.

But the simplest message still rings true – no matter what generation.

Patience is a virtue. Still.

# Before You Go Over the Edge



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“Things can fall apart, or threaten to, for many reasons, and then there's got to be a leap of faith. Ultimately, when you're at the edge, you have to go forward or backward; if you go forward, you have to jump together.” quote

Yo-Yo Ma

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If you are not sure about something do not do anything until you are sure that it will not bring harm to yourself or anyone else.

This can be mentally, physically, or soulfully.

Don't allow your own emotions, actions, or words to push you over the edge. And for heaven's sake don't allow someone else to push you over the edge either by their actions, words, or emotions.

Keep your peace, till you are again in control of yourself – as much as one can be!

It is important to know when to hold your piece & when to speak or act according to the circumstances at hand.

Too often it is seen & heard in tomorrow's headlines about someone who was pushed over the edge & lashed out in uncontrollable anger & then literally destroy themselves or someone else.

These hot circumstances can all happen so quickly & then result in paying for it the rest of one's life in tormenting misery & guilt.

So please – cool off, step back from the situation, take some deep breaths & just plain STOP. Don't go over the edge!

Stop until you can face the situation sensibly & better yet – alleviate the situation altogether.

# Slow Down

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For fast-acting relief try slowing down. quote Lily Tomlin

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YIKES, slow down a bit there!

Life is not a race.

Life is an adventure at best.

Sometimes we can be doing so much & at such a hectic pace that we forget to just stop a moment & breathe.

REALLY!

Take a deep deep breath through your nose & for a count of 7. Then hold your breath for another count of 7 & then slowly breathe out through your mouth in another count of 7.

Slowly & smoothly —> repeat about 7 times.

Doing this moderate breathing exercise will help your WHOLE body.

NOW for your spirit & soul – do the same thing!

But say “Thank You God for this Day” – “Thank You God for this Day” – repeat this through the exercise of breathing.

Yes, you can multi-task. Breathing & counting & Thanking God!

Don’t forget that slowing down like this is absolutely needed in life every day.

You will begin to feel better inside & outside immediately!



# Sometimes Only A Cookie Will Do!



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Baking cookies is comforting, and cookies are the sweetest little bit of comfort food. They are very bite-sized and personal. quote Sandra Lee

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Food management is wonderful & a great discipline of diligence that does pay off in many ways.

When we watch what we eat, we look better, we feel better, & usually act better too. We are healthier because we have focused on our health & are trying maintain a balance in our food management.

BUT– Sometimes only a COOKIE will do!

When you reach that point where a sweet would really hit the spot – then come on – eat a cookie for heaven’s sake.

It will not kill you.

It will not throw you into a binge of sweets.

A single cookie will ...

**MAKE YOU SMILE AGAIN!**

So don’t harass yourself with negativity, guilt, depression & whatever other word that brings you down.

You are a human being that should BE human at times and allow yourself a COOKIE.

After all, we give our furry pets a treat every now & then.

Why not us!

# Run, Run as Fast as You Can

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“A higher rate of urgency does not imply ever-present panic, anxiety, or fear. It means a state in which complacency is virtually absent.” quote John P. Kotter

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Have you ever hit the panic button?

When all of a sudden you know – without question – that nothing you are seeing or hearing is right & you just can’t wrap your mind around anything?

Then you know its time to RUN!

Run as fast as you can & don’t look back.

I know we can’t just take off in a stampede – but seriously?

I have left much behind me already & it looks like the world is going to carry on like the world does, with or without me. With my consent or without my consent.

So really– just keep running away from its nasty grasp & know that God is still in control of everything.

# I Wish I Knew Then, What I Know Now - I Don't Think So



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**"People are as individual as Snowflakes. They all kinda look alike, but no two are exactly the same; & all classifications are usually the root of prejudice."**

**anon**

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If I had know all the 'dark side' of life when I was younger like I know now – I don't think I would now have such an optimistic attitude as I do.

Yes, there is gloom, there is heartache, there are horrors happening ever day, but if we concentrate on all of that & have nothing to alleviate the dark realities, then we literally doom ourselves to a prisoner's pessimistic mind & life.

Children need their time of innocence, just like adults need their time of relief from the harsh realities that life that can throw at them.

But remember, such realities of life cannot be escaped by embracing the dark side of life.

Darkness only produces more darkness.

We need to draw our attention toward the light & on that which produces light.

Wherever you find your light for the day – that helps break up the darkness – keep it close and protect it. Cherish the rays of light while they are close to you.

Because darkness has a tendency to consume.



# Soul Crushers

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“There are souls which fall from heaven like flowers, but ere they bloom are crushed under the foul tread of some brutal hoof.” quote Jean Paul

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Never let it be said of you ...

That a soul was crushed because of you.

Whether by ignorant accident or on purpose.

If a soul is crushed because of you, it can only reflect back upon you.

And from that point on you only diminished your own soul even more!

# Life is a Dance



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“You must understand the whole of life, not just one little part of it. That is why you must read, that is why you must look at the skies, that is why you must sing & dance, & write poems & suffer & understand, for all that is life.” quote  
Juddu Krishnamurti

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One can dance alone. Just like one can live alone.

It is its own statement of life.

But when one dances with another person there is a special communion going on all its own.

Just like the special communications that come about when we live with another person or within a family setting.

It all brings its own communication in –

Sounds of love or hate,

peace or war,

goodness or evilness,

light or dark,

humor or sourness,

laughter or grimaces,

wisdom or dumbness

busyness or idleness

perfection or imperfection –

Life commits us to react & dance each of these steps.

# Last Thoughts



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**"In three words I can sum up everything I've learned about life: it goes on."**  
**quote Robert Frost**

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The endless parade of days seems only to be broken by each sunrise & sunset.

Days pass & almost in a boring way we regretfully don't seem to be able to focus upon anything.

It is a walk of sameness without any real sparks of life.

Why?

Because when this happens it is a reminder that *life* is not created by man or for man; it is created by God & for God.

For God to be in the middle of our very existence & for us to know that God is in the middle of our existence, brings LIFE.

God the Father, God the Son, & God the Holy Spirit.



# Last Thoughts

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“Every parting gives a foretaste of death, every reunion a hint of the resurrection.” quote Arthur Schopenhauer

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Bringing this book to you is a work of love & devotion to the art of inspiration & the shared talent of writing & contemplation. In deed, leaving more unsaid than said in the simplicity of allowing you the reader to peruse on your own.

We are intelligent human beings, created by intelligent designer, by an intelligent Master Craftsman. God & God alone. We owe our humble substance & worth to God's living Spirit on this earth. The Spirit of Life that only comes from God & which we are then endowed & blessed to be part of.

Each of us are a unique reflection of God, whether we believe it or not. Each of us a special life force because of God, whether we acknowledge it or not. Each leaving & taking from life as we go. Here is where I leave my given expressions to hopefully inspire a few others along the way.

Thanking you kindly.

Inspirational Author: C.L. Mareydt